



Urinary Tract Infection – Adult

Infections of the urinary tract can start in several places. A bladder infection (cystitis), a kidney infection (pyelonephritis), and a prostate infection (prostatitis) are different types of urinary tract infections (UTIs). They usually get better if treated with medicines (antibiotics) that kill germs. Take all the medicine until it is gone. You may feel better in a few days, but **TAKE ALL MEDICINE** or the infection may not respond and may become more difficult to treat.

HOME CARE INSTRUCTIONS

- Drink enough water and fluids to keep the urine clear or pale yellow. Cranberry juice is especially recommended.
- Avoid caffeine, tea, and carbonated beverages. They tend to irritate the bladder.
- Alcohol may irritate the prostate.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your healthcare provider.

To prevent further infections:

- Empty the bladder often. Avoid holding urine for long periods of time.
- After a bowel movement, women should cleanse from front to back. Use each tissue only once.
- Empty the bladder before and after sexual intercourse.

SEEK MEDICAL CARE IF:

- There is back pain.
- Your problems (symptoms) are no better in 3 days. See your healthcare provider sooner if you are getting worse.
- There is nausea or vomiting.
- There is continued burning or discomfort with urination

SEEK IMMEDIATE MEDICAL CARE IF:

- There is severe back pain or lower abdominal pain.
- You develop chills and a fever

This general advice cannot cover all possible problems. If there is concern, please contact your physician, healthcare provider or the Emergency Department without delay.